



# Jump into January

January 2008


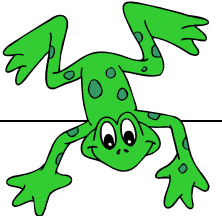

## FUN FACT!

What is the world record for the longest jump rope time?

On December 5, 2003 John Goodfellow of Australia jumped continuously for 27 hours!

Do you need new jump rope rhymes or games? Ask a parent or teacher to help you search for ideas on the internet.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>HAPPY NEW YEAR!!</b>	2 Jump in place during two television commercials.	3 Try to jump and dribble a ball at the same time.	4 Jump 7 times for every letter in "PE is the BEST!"	5
6	7 Can you do 100 jumping jacks? Give it a try.	8 Jump in the air 10 times. Try a different pose every time you jump. Do 10 more.	9 Turn on your favorite music and create a jumping dance.	10 Jump rope backwards at least 50 times. Make up a funny jump.	11 How long can you hop on one foot? Try the other foot. Again!	12
13 <i>Jump for joy because you are becoming healthier!</i>	14 Jump rope for at least five minutes.	15 Ask an adult to count while you attempt to do 100 jumps without stopping.	16 Pretend to be a karate expert. Do at least 50 jump kicks.	17 Jump rope 15 times for every member of your family. How many jumps?	18 Do 10 tuck jumps. Rest. Do 10 more. Rest. Do 10 more!	19 <i>Physical Education gives you a jump in life!</i>
20	21 Run in place for 1 minute as fast as you can. Rest. Jump for 1 minute. Rest. Repeat all.	22 Run and then jump as far as you can. Try five more times.	23 Ask an adult to give you a word to spell while you do jumping jacks. Do 10 words or more!	24 Challenge a friend to a jumping contest.	25 How many states are there in the US? Do that many jumping jacks.	26 
27 	28 Ask an adult to time you to see how many jumps you can do in one minute.	29 Play catch with a friend. Every time you catch the ball, do a crazy jump.	30 What animals jump? Jump like all the animals you can think of!	31 Jump to the right 5 times. Now to the left 6. Right 2. Left 10. Right 3. Left 8. WOW!	<i>Don't forget to exercise your brain. Read a good book.</i>	